higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

N1230**(E)**(J7)H

NATIONAL CERTIFICATE

NUTRITION AND MENU PLANNING N4

(10070274)

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09:00–12:00

This question paper consists of 11 pages.

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DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE
NUTRITION AND MENU PLANNING N4
TIME: 3 HOURS
MARKS: 200

INSTRUCTIONS AND INFORMATION

1. Answer ALL the questions.

2. This question paper consist of two sections:

   SECTION A: Short questions: 50 marks
   SECTION B: Long questions: 150 marks
   GRAND TOTAL: 200 marks

3. Read ALL the questions carefully.

4. Number the answers according to the numbering system used in this question paper.

5. Write neatly and legibly.

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SECTION A: SHORT QUESTIONS

QUESTION 1

Various options are given as possible answers to the following questions. Choose the answer and write only the letter (A–D) next to the correct question number (1.1–1.20) in the ANSWER BOOK.

1.1 A food source rich in protein:

A Meat
B Cabbage
C Sweets
D Carrots

1.2 This nutrient is essential for the building of bones:

A Fats
B Vitamins
C Calcium
D Proteins

1.3 A chief source of vitamin D is …

A water.
B nuts.
C sunlight.
D coffee.

1.4 Water is vital to life and makes up about … of the human body.

A 30%
B 100%
C 70%
D 98%

1.5 A chief supplier of energy to the body is …

A cereal.
B calcium.
C fats.
D proteins.

1.6 This meal is eaten between 12:00 and 14:00:

A Dinner
B Luncheon
C Plat du jour
D Brunch

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1.7 This type of food is rich in vitamin C:

A Bananas
B Citrus fruits e.g. oranges
C Red meat
D Cheese

1.8 This mineral helps with the clotting of blood:

A Calcium
B Iron
C Sodium
D Phosphorus

1.9 The process which food must undergo before it can be absorbed into the bloodstream:

A Peristalsis
B Enzymes
C Digestion
D Absorption

1.10 A type of vegetarian that eats no meat, poultry or fish but eats eggs and drinks no milk is known as a/an …

A vegan.
B ovo-vegetarian.
C lacto-ovo-vegetarian.
D lacto-vegetarian.

1.11 Lard is a typical source of …

A plant fats.
B margarine.
C plant oil.
D animal fat.

1.12 Soya and nuts are typical examples of …

A plant protein.
B animal fats.
C animal protein.
D monosaccharides.

1.13 An example of unrefined cereal is …

A white bread.
B Weet-Bix.
C cornflakes.
D mealie meal.

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1.14 A type of menu whereby all dishes are individually priced:

A Plat de jour
B Cyclical
C Table d'hôte
D À la carte

1.15 All canned foods should be avoided in a … diet.

A low-salt
B low-protein
C low-fat
D reduction

1.16 A formal menu that is presented in the evening is a

A dinner.
B supper.
C fork buffet.
D light buffet.

1.17 Lactose is a natural sugar found in …

A fruits.
B milk.
C sugar cane.
D grains e.g. barley.

1.18 A document containing all information regarding the issuing of crockery, cutlery and linen for functions:

A Function prospectus
B Wedding reception booking form
C Letter of quotation
D Dispatch list

1.19 Wiener schnitzel is best described as …

A strips of beef sautéed with mushrooms and sour cream.
B a thin slice of veal, crumbed and shallow-fried.
C a type of sausage.
D a soft, white, crumbly cheese.

1.20 … is a Spanish rice dish flavoured with saffron.

A Paella
B Risotto
C Tortilla
D Tapas

(20 × 1) **[20]**

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QUESTION 2

Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'True' or 'False' next to the question number (2.1.–2.10) in the ANSWER BOOK.

2.1 Jews regard bacon as a nonkosher food.

2.2 Typical South African dishes are biltong, ugali and milk tart.

2.3 During the week of Ramadan, Hindus do not eat or drink anything from dawn to sunset.

2.4 Basal metabolism is measured in kilojoules.

2.5 When a baby is 1 year old and is able to chew, he/she should start eating small quantities of smooth food.

2.6 When you are trying to reduce your sugar consumption, cut down on pulses which are high in fibre.

2.7 People with liver or kidney disease should avoid foods such as meat, eggs and nuts.

2.8 A good rule to follow when a person is on a slimming diet, is not to skip a meal, to eat slowly and never take a second portion.

2.9 When compiling menus for institutions, reduce fat consumption and use the minimum of salt in cooking.

2.10 A mechanical soft diet is used for persons that are in a febrile state.

(10 × 1) **[10]**

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QUESTION 3

Choose a description from COLUMN B that matches a vitamin in COLUMN A. Write only the letter (A–K) next to the question number (3.1–3.10) in the ANSWER BOOK.

COLUMN A		COLUMN B	
3.1	Vitamin B1	A	builds strong bones and teeth in growing children
3.2	Vitamin C	B	helps with the maintenance and health of the skin
3.3	Vitamin A	C	important factor in the release of energy from food
3.4	Vitamin B	D	assists in the production of the coagulation factors that enable blood to clot properly after an injury
3.5	Vitamin B12	E	keeps the nervous system in good condition
3.6	Vitamin K	F	controls the body's use of calcium
3.7	Vitamin B3	G	essential for normal growth
3.8	Vitamin B2	H	required for release of energy from food
3.9	Vitamin E	I	required for the metabolism of amino acid and other enzyme systems
3.10	Vitamin D		

(10 × 2) **[20]**

TOTAL SECTION A: 50

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SECTION B: LONG QUESTIONS

QUESTION 4

4.1 Explain the following types of vegetarians:

4.1.1 Ovo-vegetarians

4.1.2 Lacto-vegetarians

4.1.3 Lacto-ovo-vegetarians

4.1.4 Strict vegetarians

(4 × 2) (8)

4.2 Explain the following terms:

4.2.1 Nutrients

4.2.2 Food

4.2.3 Food allergy

(3 × 2) (6)

4.3 What is the difference between digestion and absorption? (2 × 2) (4)

4.4 State a function of each of the following minerals in the body:

4.4.1 Iodine

4.4.2 Sodium

4.4.3 Iron

4.4.4 Phosphorus

4.4.5 Calcium

(5 × 2) (10)

4.5 Name the different types of plant oils. (7)

4.6 What is a balanced diet? (3)

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4.7 State the country of origin of the following dishes and describe the dishes:

4.7.1 Moussaka

4.7.2 Sauerkraut

4.7.3 Minestrone

4.7.4 Escargot

4.7.5 Sushi

(5 × 2) (10)

4.8 Name TWO different ways to present a menu. (2)

[50]

QUESTION 5

5.1 Explain the following types of menus:

5.1.1 À la carte

5.1.2 Table d'hôte

5.1.3 Plat du jour

5.1.4 Special function menu

(4 × 2) (8)

5.2 Name the factors that should be considered when compiling a menu. (7)

5.3 Discuss the importance of each of the following aspects which play a role when planning a menu:

5.3.1 Temperature

5.3.2 Shape

5.3.3 Texture

5.3.4 Aroma

(4 × 2) (8)

5.4 State THREE factors that influence the prices on a menu. (6)

5.5 Explain the difference between a *continental* and an *English breakfast*. (2 × 3) (6)

5.6 Describe an American breakfast. (4)

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5.7 What is the difference between a *relevé* and an *entrée*? (2 × 3) (6)

5.8 Name the courses in sequence for a FIVE-course meal. (5)

[50]

QUESTION 6

6.1 Study the menu below and CORRECT it by implementing the principles of laying out a menu.

dinner
menu

Consommé

15/10/2013
Pavlova

Coffee/tea
sweet carrots, stuffed baby marrows
savoury rice
Roast leg of lamb with mint sauce

6.1.1 Name and discuss SIX errors on the menu. (6)

6.1.2 Rewrite the menu in the correct form in the ANSWER BOOK. (12)

6.2 State TWO advantages and TWO disadvantages of a cyclical menu. (2 × 2) (4)

6.3 Explain the difference between a *morning tea* and an *afternoon tea*. (2 × 2) (4)

6.4 Discuss SIX factors that determine the success of a banquet. (6)

6.5 Name THREE forms that are required for the effective planning of functions. (3)

6.6 What is the aim of a wine list? (3)

6.7 SPECIAL DIETS

6.7.1 For what type of person would a low-fat diet be prescribed?

6.7.2 Name TWO types of food that should be avoided by persons on a low-fat diet.

(2 × 2) (4)

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6.8 Explain the factors that may lead to malnutrition in elderly people. (4)

6.9 Name FOUR types of food which could be identified as the most important food allergens. (4)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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